



Week ending issue: May 27, 2016 – Issue # 295

Policy

Policy from the WIC State Operations Policy and Procedure Manual – Policy 110.10 Special Population Groups

Several vulnerable population groups reside in Iowa. Provision of WIC services to these populations is facilitated by:

- Coordinated efforts through integrated services, and
- Using interpreters.

The Native American population is a relatively small part of the general population of Iowa. WIC services are coordinated with other health services as follows:

- Mid-Iowa Community Action participates in a child health clinic at the Tama Indian Settlement. The Tama settlement is also part of the Northern Plains Healthy Start Project.
- Siouxland District Health Department cooperates with the Four Directions Community Center in Sioux City, Iowa.

The migrant population in Iowa is small, but faces language barriers in accessing WIC and health services. WIC services are coordinated with Proteus, an agency that provides health services to the migrant population in Iowa. Proteus has staff available to assist with translation services and arrangements for special clinics during migrant season.

Johnson County WIC provides services from 6:30 pm – 9 pm in July and August at the local migrant camps.

Immigration continues to be a factor in Iowa with the majority of current immigrants coming from Burma, Sudan, Liberia or Spanish speaking countries. These individuals also face language barriers in accessing WIC and health services. WIC contractors continue to work with interpreters and language line services to provide clinic services. The state WIC office has also placed a priority on producing print and audiovisual materials in both English and Spanish. Training opportunities about culturally-competent service delivery

are periodically offered through state conferences and in the ongoing series of nutrition workshops. Most recently Burmese, Sudanese, and Liberian fact sheets have been developed and are distributed to staff at the annual Maternal Nutrition Workshop.

Information

Update to Nutrition Label Released:

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm#highlights>

Available Resources!

Moms' Mental Health Matters

[Moms' Mental Health Matters](#), is a new initiative from the National Child and Maternal Health Education Program (NCMHEP). The NCMHEP is a program of the *Eunice Kennedy Shriver* National Institute of Child Health and Human (NICHD), a part of the National Institutes of Health (NIH).

[Moms' Mental Health Matters](#) aims to raise awareness among pregnant and postpartum mothers, their families, and health care providers about depression and anxiety that occurs during pregnancy or after the baby is born. The NCMHEP has developed free health education materials in English and Spanish. This initiative was developed by NCMHEP's Coordinating Committee—a coalition of maternal and child health organizations and federal agencies—along with input from mental health professionals, advocates, and moms and their families.



The image shows a banner for the National Child & Maternal Health Education Program (NCMHEP). The banner features a stylized graphic of a person on the left. The text on the banner reads: "NATIONAL CHILD & MATERNAL HEALTH EDUCATION PROGRAM" in large, bold letters. To the right, it says "National Institutes of Health Eunice Kennedy Shriver National Institute of Child Health & Human Development". Below the banner is a dark blue navigation menu with white text. The menu items are: "NCMHEP Home", "About NCMHEP", "Coordinating Committee", "Elective Deliveries Before 39 Weeks Initiative", "Order Materials", and "Focus on Late Preterm Birth". To the right of the menu is a "Share this:" section with social media icons for Facebook, Twitter, LinkedIn, YouTube, Google+, Instagram, Pinterest, and Tumblr. Next to these is a yellow button that says "En español". Below the share section is the title "Moms' Mental Health Matters" in large, bold letters. Underneath the title is the text "It's not just postpartum, and it's not just depression." in blue. Below this is a paragraph of text: "Historically, much of the research on women's mental health related to pregnancy has been on depression that occurs after the birth of a baby. But, we know now—it's not just the postpartum period, and it's not just depression. Women experience depression and anxiety, as well as other mental health conditions, during pregnancy and after the baby is born. These conditions can have significant effects on the health of the mother and her child. This initiative is designed to educate consumers and health care providers about who is at risk for depression and anxiety during and after pregnancy, the signs of these problems, and how to get help."

NATIONAL
CHILD &
MATERNAL HEALTH
EDUCATION PROGRAM

National Institutes of Health
Eunice Kennedy Shriver
National Institute of Child Health
& Human Development

NCMHEP Home

About NCMHEP

Coordinating
Committee

Elective Deliveries
Before 39 Weeks
Initiative

Order Materials

Focus on Late
Preterm Birth

Share this:        

En español

Moms' Mental Health Matters

It's not just postpartum, and it's not just depression.

Historically, much of the research on women's mental health related to pregnancy has been on depression that occurs after the birth of a baby. But, we know now—it's not just the postpartum period, and it's not just depression. Women experience depression and anxiety, as well as other mental health conditions, during pregnancy and after the baby is born. These conditions can have significant effects on the health of the mother and her child. This initiative is designed to educate consumers and health care providers about who is at risk for depression and anxiety during and after pregnancy, the signs of these problems, and how to get help.

Resources:

Have you forgotten about the WIC Works Resource System?

The [WIC Works Resource System](#) is an online education and training center for staff of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). It is a project of the Food and Nutrition Service of the U.S. Department of Agriculture. Questions can be sent to wicworks@fns.usda.gov.

Here are a few new things listed!

The new WIC Learning Online Module: *VENA: Connecting the Dots between Assessment and Intervention*

The new WIC Learning Online Module: *VENA: Connecting the Dots between Assessment and Intervention* is now available on the WIC Work Resource System. A GovDelivery blast announcing the new module has been sent out to all who are signed-up. You can sign up for GovDelivery at:

https://public.govdelivery.com/accounts/USFNS/subscriber/new?gsp=USFNS_191.

VENA: Connecting the Dots between Assessment and Intervention provides continuing education and resources that can be accessed by any WIC staff member. This free, self-paced, repeatable course has been designed to assist in all areas of providing WIC nutrition services. It supports VENA (Value Enhanced Nutrition Assessment) as the bridge to connecting the assessment to the intervention so that WIC can provide effective participant-centered services (PCS).

There are 4 lessons in this course:

- VENA and Participant-Centered Services
- Engaging Participants in Education and Counseling
- Path to Participant Success: Food Packages and Referrals
- Establishing Goals and Following Up

Acknowledgement is given to the many WIC State Agencies whose work in supporting VENA and PCS contributed to this course including: California, Chickasaw Nation, Colorado, Illinois, Maryland, Massachusetts, Minnesota, Oregon, Pennsylvania, Texas, Washington, and Wisconsin.

This course is approved for one continuing education (CE) credit for dietitians through the Commission on Dietetic Registration and one CE credit for nurses through the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Recording of January VENA Webinar Posted

The recording of the January 2016 webinar: [Love Letters from Maryland: Developing Staff Confidence in Participant Focused Counseling Skills](#) is now available in the VENA section of WIC Works.

In addition you can find general resources, State-developed materials, and recordings/slides from other VENA webinars.

Other New Items on WIC Works

The WIC Works Team is continually adding new materials to the website. Here are three new items for May:

- [Give Your Baby a Healthy Start: Tips for Pregnant Women and New Mothers](#) - Spanish version of brochure from the Food and Nutrition Service for discussing dangers of smoking, drinking and taking drugs during pregnancy.
- [Mom's Mental Health Matters](#) - Free materials in English and Spanish from the National Institutes of Health to raise awareness of depression and anxiety during pregnancy and after the baby is born.
- [Summer Food Service Program Materials](#) - Flyers in English and Spanish for WIC agencies and offices to promote the USDA, Summer Food Service Program.

Participant Centered Services:

Did you know you can subscribe to Molly Kellogg's Nutrition Practice tips for free? Sign up here <http://www.mollykellogg.com/counseling-tips/subscribe/>

Thank you of the Week:

WIC Shout Out:

"WIC helped shape me, support me, and guide me as a young mother. Initially WIC supported and helped educate me on proper breastfeeding techniques, recommended diet, and even met with me in the breastfeeding room for my appointments; this allowed me to nurse my newborn in privacy and comfort. As my infant grew into a toddler, WIC assisted me in choosing proper food for him (and later her), provided quick and simple recipes I could use at home, and educated me on proper food portions. The care providers (nutritionist, nurse, etc.) always made sure to address not only me, but my child; this allowed us to work as a team and helped ensure success. As my toddler grew into a child, WIC helped me transition into nutritional independence. The various staff members empowered me as a young woman, encouraging me to continue my education, plan for my children's futures, and mentor those in similar situations. Without WIC my children's health and nutritional status would have failed, we could have easily succumbed to the ease of fast food and sugary drinks. Without WIC I may not have continued my education, my children may not have had such a high standard to live up to educationally and nutritionally. With the help of WIC, I was able to become a successful mother!" --WIC Participant, NE

eWIC Focus Update

Find us on Facebook-

<https://www.facebook.com/IowaWIC>



Training

May:

No NETC this month

July:

NETC Webinar (All new staff) – July 14, from 8:30-11:30

NETC Webinar (Health Professional) – July 21, from 8:30-11:30

NETC Webinar (Support Staff) – July 28, from 8:30-11:30

September:

NETC Webinar (All new staff) – September 15, from 8:30-11:30

NETC Webinar (Health Professional) – September 22, from 8:30-11:30

NETC Webinar (Support Staff) – September 29, from 8:30-11:30

November: ***Please note the dates in November***

NETC Webinar (All new staff) – November 10, from 8:30-11:30

NETC Webinar (Health Professional) – November 16, from 8:30-11:30

NETC Webinar (Support Staff) – November 17, from 8:30-11:30

Dates to Remember-

- Infant/Child Workshop- August 2, 2016
- WIC Contractor Meeting- August 30, 2016
- Communication and Rapport Workshop- October 26, 2016

Note: Due to state-wide rollout of eWIC the Breastfeeding and Maternal Core Workshops will not be held this year. Instead, CPA/Non CPA Health Professionals hired between March 2015 and March 2016 and any other CPA/Non CPA Health Professional who hasn't yet attended one (or both) of these workshops must complete the designated substitute module(s) found under Core Training Workshops on the Personnel section of the Training page on the WIC Web Portal. Before beginning the module(s) please see the "Preamble to the 2016 Breastfeeding and Prenatal & Postpartum Nutrition Modules" (also located on the web portal) for more information before

starting the module(s).

Available Formula-

Product	Quantity	Expiration Date	Agency	Contact
Vivonex T.E.N.	60- 2.84 oz. packets	11/2016	State WIC Office	Nicole Newman 515-281-4545
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105
Keto Cal 3:1, 11 ounce unflavored powder	25 containers	8 containers <u>Expire: 9/4/2016;</u> 2 containers <u>Expire: 6/1/2016;</u> 14 containers	HACAP	Angela Munson 319-366-7632
Pediasure 1.0 Enteral	1 case	Expire: 11/16/2016		
Ketocal 4:1 vanilla	1 case	Expire: 9/9/2016		
	2 cases	Expire: 12/12/2016		
Elecare	6 cont pwd	Expire: 3/1/2017		
	5 cont pwd	Expire: 4/1/2017		

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD- 3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights 1400
Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

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